

perhaps, find a general formula for the age at which the muscles and bones have retained all their power of resistance, and at which the heart and vessels begin to lose their capacity to perform their functions.

The mature man can safely brave all exercises that bring on muscular fatigue, but he must approach with great care those which provoke shortness of breath.

Some of Nature's Medicine

Celery is invaluable as a food for those suffering from any form of rheumatism, for diseases of the nerves and nervous dyspepsia.

Lettuce for those suffering from insomnia.

Water-cress is a remedy for scurvy.

Asparagus is used to induce perspiration.

Carrots for sufferers from asthma.

Turnips for nervous disorders and for scurvy.

Honey is wholesome, strengthening, cleansing, healing and nourishing.

Lemons for feverish thirst in sickness, for biliousness, low fevers, rheumatism, coughs, colds, liver complaint, etc.

Blackberries as a tonic.

Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and indigestion. Tomatoes are invaluable in all conditions of the system in which the use of calomel is indicated.

Figs are aperient and wholesome. They are said to be valuable as food for those suffering from cancer; they are used externally as well as internally.

The Moral Factor in Health

With few exceptions every bodily state can be traced to preceding subjective states or feelings. An unceasing stream of vital energy proceeds from the sphere of feelings to the sphere of bodily activities through the transmitting conduits of the mind. Disturbances in this stream are registered in terms of pathological or clinical features. Thus the disturbance that manifests in the hyper-acidity of the gastric juice has its ultimate origin in an acidified motive. Hence while we readily grant to dietetic errors the power to furnish the immediate morbid conditions for a dyspeptic stomach, we are nevertheless obliged to look for the origin to the personal tendency in the character of the mind.

On the other hand the power of a corrected diet to modify the quality and quantity of the gastric secretions is largely to be found in the influence of the individual's moral nature through the sacrifices involved in dietary restrictions. Nor is it an uncommon experience to a physician, that even the most guarded dietary is powerless to sustain a cure as long as the patient continues to sour his gastrite secretions by continuing to acidulate his feelings. Perhaps some day medical science shall attain the power to demonstrate the changes of vito-psychic chemistry at work between the moral acid of an uncharitable suspicious feeling and the subsequent irritation of the secretory glands involved in the hydrochloric production of the gastric chemistry.

The ancient philosopher was right: "A sane mind for a sane body."

The Baby

Do not forget that it is natural and right for a baby to exercise; by exercise his muscles will develop and grow hard and firm instead of flabby. When he is only a few weeks old he may be allowed to lie in the centre of a large bed with his clothing drawn up so as not to hamper his free movements, and kick to his heart's content. In winter the legs should be covered by woolen stockings, but in summer the little cotton stockings or booties may be removed, while the baby is enjoying this exercise. If a piece of wrapping paper or newspaper is given the baby to kick at he will often be amused and good-natured for a long time. When he is old enough to roll off a bed he may be placed on a thick comforter or hair mattress on the floor,

but the floor is a draughty place and the greatest precaution should be taken. For this reason I prefer a pen on legs, or a large packing-box whose sides keep off the draughts. Creeping is very good exercise for babies, but let them learn to do so of their own accord; when they feel strong enough they will make the attempt themselves. Some babies cross their legs and hitch along the floor instead of creeping; this is not so good an exercise as the regular creeping way; they should not be allowed to keep their legs crossed for any length of time, because the bones are soft and easily bent out of shape, the child becoming bow-legged before the mother realizes it. Neither should the baby be urged to stand or walk if he does not want to do so; let him take his time about it. A baby tender or walker is excellent to use for a short time every day, but do not allow the child to remain in it long enough to get tired.

Catching Cold

People who live in the cold air do not take cold. Arctic explorers invariably report that notwithstanding the many hardships and great fatigues, often severe exposures and unwholesome food, which they undergo, yet they enjoy an unusual degree of health while in the Arctic regions. Animals that live there are remarkably hardy and enduring, the reindeer, for example, being conspicuous for its prodigious vitality and lasting qualities.

A cold is, as we have already remarked, an infection, back of the infection lying reduced vitality due to wrong habits of living. By an auto-intoxicating diet the body is over-charged with poisons, that the over-worked liver and kidneys cannot eliminate. These poisons circulate throughout the body and produce congestion, usually in the region of the head, malaise, fever, general discomfort and a feeling of incapacity; chilliness begins to creep over one, every touch of a cold wave producing shivering, while the patient is overtaken with sudden attacks of sneezing. The cold may begin in the head, when, unless great pains are taken to check it, the disorder will go to the chest; or the infection may begin with the chest, and pass to the head. At this stage one of two things occurs. In the first place, if care is taken to ward off increased infection the cold will run its normal course of eight to twelve days, without further injury; or in the second, the infection, due to lowered vitality, remains in the system and so depreciates the vital tone that pneumonia and other disease germs are able to develop and produce acute cases of these disorders that are responsible for such enormous death rates.

It is a notable fact, too, that most colds appear in winter, when civilized races are subject to the depressing effects of artificial heat. Now heat is a most pronounced vital depressant. Under its influence the vessels of the body surface are relaxed, the heart's action is enfeebled, the nervous system is depressed (particularly the vasomotor nervous system), and the skin is covered with moisture. Thus the vital powers of the body are placed at a disadvantage.

If in this condition one is exposed to cold, especially a cold draft, a rapid evaporation of the moisture on the surface of the body rapidly cools the skin, and, suddenly checking its action, causes a retention of the waste matters which are commonly eliminated by the skin. At the same time the balance of the circulation is disturbed, lessening the amount of blood in the skin and congesting the internal parts.

A short application of cold to the skin, on the other hand, does not produce a cold, for it is followed by a reaction. It is the prolonged slow chilling of the skin, induced by evaporation of moisture from the surface, which produces the disturbance known as "a cold." This is the common cause of taking cold after a bath, a danger so commonly recognized that many persons fear to take a bath in cold weather because of its possible after effects.

CURE YOUR CATARRH NOW!

Take it in hand at once. If you don't get rid of Catarrh now, in the early spring, there's certain peril ahead, for you'll meet the extremely trying weather coming with your system terribly weakened and undermined by this treacherous, poisonous trouble. Remember—if you keep on neglecting Catarrh, later on it's sure to mean danger—disease—perhaps incurable and deadly disease.

It's a horribly loathsome disease—is Catarrh. It makes you an object of disgust to your friends—though they're usually too kind to tell you so. As a matter of fact your hawking and spitting and constant nose-blowing fairly makes them sick. They turn away nauseated by your foul, fetid breath. Such things hurt you tremendously, not only at home but also with outsiders—with the people you meet in daily life.

But Catarrh is more than a loathsome trouble—it's a fearfully dangerous one. People make a terrible mistake in saying "Only Catarrh." It isn't "Only Catarrh"—It may be CONSUMPTION if you don't stop it in time. Cure your Catarrh now before it becomes Consumption. Don't be discouraged if other doctors or the widely advertised so-called "Catarrh remedies" have failed to help you.

Seek aid at once from one who thoroughly understands all about Catarrh and its cure. Accept the generously proffered help of Specialist Sproule, B.A. (Graduate in Medicine and Surgery, Dublin University, Ireland, formerly Surgeon British Royal Mail Naval Service), the Catarrh Specialist known the world over. He will give you

MEDICAL ADVICE FREE

THIS FREE COUPON

entitles readers of this paper to medical advice on Catarrh free of charge.

Is your throat raw?
Do you sneeze often?
Is your breath foul?
Are your eyes watery?
Do you take cold easily?
Is your nose stopped up?
Does your nose feel full?
Do you have to spit often?
Do crists form in your nose?
Are you worse in damp weather?
Do you lose your nose a good deal?
Are you losing your sense of smell?
Does your mouth taste bad mornings?
Do you have a dull feeling in your head?
Do you have pains across your forehead?
Do you have to clear your throat on rising?
Is there a tickling sensation in your throat?
Do you have an unpleasant discharge from the nose?
Does the mucus drop into your throat from the nose?

NAME.....
ADDRESS.....



Don't be a nuisance to your friends. And that's just what you are. With hawking, spitting, and a breath Made loathsome by Catarrh.

and explain to you just how you can be cured. For years he has studied the causes and cure of Catarrh. To-day he is recognized as a leading authority on this common but dangerous disease. His success in conquering it is unparalleled; yet with all the benevolence and open heartedness of a good as well as a great man he now offers, free of charge, the benefits of his amazing skill and knowledge to all who need his help. He has saved thousands from Catarrh after all other treatments had failed to help them. They came to him sceptical and unbelieving, he cured them and their cures have been PERMANENT. He will send you the names of people living right near you, who will tell you how successful he was in their cases. Without its costing you a cent he will gladly give you the most valuable and helpful Counsel. Don't miss this golden opportunity. Answer the questions yes or no, write your name and address plainly on the dotted lines, cut out the Free Medical Advice Coupon and send it at once to

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